Lifetime Leisure Skills Courses (LLS)

This is a list of all Lifetime Leisure Skills courses. For more information, see Lifetime Leisure Skills.

**LLS:1100 Introduction to Camping**  
1 s.h.  
Introduction to the wonderful world of camping; focus on development of skills and knowledge pertaining to camping equipment, campsite selection and setup, outdoor cooking, useful knots, and minimum impact principles; overnight camping required.

**LLS:1110 Exploring Iowa's Natural Wonders**  
1 s.h.  
Natural history of the Loess Hills of western Iowa, Maquoketa Caves of eastern Iowa, or Effigy Mounds National Monument and Yellow River State Forest of northeastern Iowa; overnight camping required.

**LLS:1115 Hiking**  
1 s.h.  
Beginner-level hiking skills; safety and planning; proper care and use of equipment; physically strenuous; overnight camping required.

**LLS:1116 Leave No Trace Camping**  
1 s.h.  
Seven principles of "Leave No Trace," an international standard for the ethical utilization and enjoyment of outdoor spaces; overnight camping experience at Macbride Nature Recreation Area.

**LLS:1120 Backpacking**  
1 s.h.  
Beginner-level backpacking skills; basic map reading, proper packing and planning, equipment and clothing selection; physically strenuous; overnight camping required.

**LLS:1121 Expedition Backpacking**  
1 s.h.  
Remote, multiday, backcountry camping skills; proper packing and planning; backcountry nutrition; topographic map reading; equipment and clothing selection; very physically strenuous; overnight camping required.

**LLS:1130 Basic Orienteering**  
1 s.h.  
Basics of orienteering, including map and compass skills. Taught at Macbride Nature Recreation Area.

**LLS:1131 Expedition Orienteering**  
1 s.h.  
Extensive navigation and camping skills in a remote wilderness; focus on map and compass skills including declination, bearings, triangulation, topographical map reading, situational awareness; backcountry camping skills; very physically strenuous.

**LLS:1140 Team Building**  
1 s.h.  
Exploration of various methods of team building and common characteristics of successful teams through the use of UI Challenge Course; strong emphasis on cooperative group work and discussions.

**LLS:1141 Challenge Course Facilitation**  
3 s.h.  
How to effectively facilitate and lead challenge course activities; philosophy and history of challenge courses, group games and initiatives, processing and debriefing with challenge course groups, low- and high-course setup procedures, risk management.

**LLS:1150 Leadership in the Outdoors**  
3 s.h.  
Leadership theories, group dynamics, expedition logistics, outdoor leadership skills, risk management; indoor and outdoor classroom sessions, overnight camping required; technical skill development may include backpacking, canoeing, kayaking, rock climbing, mountain biking, bike touring, general camping.

**LLS:1200 Introduction to Rock Climbing**  
1 s.h.  
Utilization of indoor and outdoor climbing classrooms; comprehensive introduction to physical techniques of rock climbing, mechanical skills of belaying, proper usage of personal protective equipment, and common climbing terminology.

**LLS:1201 Intermediate Rock Climbing**  
1 s.h.  
Expands on skills learned in LLS:1200; students must have current belay card at the UI Climbing Wall; overnight camping required. Prerequisites: LLS:1200.

**LLS:1202 Expedition Rock Climbing**  
1 s.h.  
Multiday climbing expedition; physically strenuous; overnight camping required.

**LLS:1205 Anchor Systems for Top Rope Climbing**  
1 s.h.  
Development of basic skills for climbing anchors; understanding setting top-rope anchors; use of bolts, trees, and passive and mechanical chocks for anchor setting; equalization of anchors; basic knots for rope, webbing, and cordelettes; basic understanding of the structural integrity and frictional forces important to anchor setting.

**LLS:1210 Introduction to Lead Climbing: Sport**  
1 s.h.  
Fundamentals of single-pitch sport climbing on lead; belaying a leader; use of 52.5-foot tall climbing wall at CRWC; eligible to obtain lead climbing approval at UI Climbing Wall after successful completion of course. Prerequisites: LLS:1042.

**LLS:1212 Expedition Lead Climbing: Sport**  
1 s.h.  
Multiday single-pitch sport lead climbing expedition; requires current lead climbing approval for UI Campus Recreation and Wellness Center climbing wall; overnight camping required.

**LLS:1213 Expedition Bouldering**  
1 s.h.  
Multiday climbing expedition; physically strenuous; overnight camping required. Prerequisites: LLS:1200.

**LLS:1214 Expedition Ice Climbing**  
1 s.h.  
Multiday ice climbing expedition.

**LLS:1230 Recreational Cycling**  
1 s.h.  
Basics of bicycling for recreation; riding techniques, basic technical skill development may include backpacking, canoeing, kayaking, rock climbing, mountain biking, bike touring, general camping.

**LLS:1231 Urban Cycling**  
1 s.h.  
How to safely navigate urban areas by bicycle; traffic laws, situational awareness, basic maintenance, planning and route considerations.

**LLS:1232 Tandem Biking**  
1 s.h.  
How to ride a tandem bicycle with a partner; traffic principles and safety concerns; equipment and accessories for tandem bikes; physically strenuous.

**LLS:1233 Planning and Pack Policies**  
1 s.h.  
Planning and packing for self-supported, overnight bicycle touring trips; proper care and use of equipment; physically strenuous; overnight camping required.
LLS:1311 Expedition Bicycle Touring 1 s.h.
Multiday self-supported bicycle touring expedition; camp while exploring iconic touring routes of the United States; very physically strenuous; overnight camping required.

LLS:1320 Mountain Biking 1 s.h.
Basics of mountain bicycling; riding techniques, basic bicycle maintenance, trail etiquette. Taught on Sugar Bottom recreation trail system.

LLS:1322 Expedition Mountain Biking 1 s.h.
Multiday mountain bicycling expedition; very physically strenuous; overnight camping required.

LLS:1350 Marathon Training 1 s.h.
Multiweek training program; for students who currently run on a regular basis and wish to take their running to a more advanced level; physically strenuous.

LLS:1360 Trail Running 1 s.h.
Techniques of off-road running; local running trails in and around Iowa City; emphasis on proper training, clothing, equipment, and nutrition; physically strenuous; no experience required.

LLS:1361 Expedition Trail Running 1 s.h.
Multiday trail running expedition; very physically strenuous; overnight camping required.

LLS:1400 Flat Water Canoeing 1 s.h.
Basics of flat water tandem canoeing; paddle strokes, canoe anatomy, water safety. Taught at Macbride Nature Recreation Area.

LLS:1401 River Canoeing 1 s.h.
Fundamentals of tandem canoeing on moving water; basic paddling strokes, canoe anatomy, hydrology, river safety; overnight camping required.

LLS:1402 Whitewater Canoeing 1 s.h.
Basics of whitewater canoeing; paddle strokes, canoe anatomy, water safety, whitewater hydrology; overnight camping required.

LLS:1403 Expedition Canoeing 1 s.h.
How to plan and pack for multiday canoeing expeditions; Leave No Trace primitive camping; paddling skills in loaded canoes; reading river/lake maps; portaging techniques; rescue techniques; overnight camping required.

LLS:1410 Sea Kayaking 1 s.h.

LLS:1411 Expedition Sea Kayaking 1 s.h.
Multiday sea kayaking expedition; primitive camping; paddling skills in loaded kayaks, reading river/lake maps, rescue techniques.

LLS:1420 River Kayaking 1 s.h.
Fundamentals of kayaking on moving water; basic paddling strokes, kayak anatomy, hydrology, river safety; overnight camping required.

LLS:1421 Whitewater Kayaking 1 s.h.
Basics of whitewater kayaking; paddle strokes, kayak anatomy, rolling and bracing, water safety, whitewater hydrology; introductory pool session; overnight camping required.

LLS:1422 Whitewater Kayak Playboating 1 s.h.
Varied techniques of playboating—a style of whitewater kayaking in which the paddler performs tricks on natural or human-made whitewater features; introductory pool session; taught on rivers in Iowa with whitewater kayaking parks. Recommendations: previous whitewater kayaking experience or LLS:1421.

LLS:1423 Expedition Whitewater Kayaking 1 s.h.
Multiday whitewater kayaking expedition; class I-III rapids, rolling and bracing, safety and rescue techniques; overnight camping required.

LLS:1430 Stand Up Paddleboarding 1 s.h.
Introduction to paddleboarding skills on flat, calm water; paddling environment, board and paddle control, standing and balancing, personal preparation and safety.

LLS:1431 Stand-Up Paddleboard Yoga 1 s.h.
Paddleboarding and yoga, learning and combining two skills in one course; for all skill levels.

LLS:1440 Scuba 1 s.h.
Basics of Scuba diving. Seven weeks.

LLS:1441 Advanced Open Water Scuba 1 s.h.
Participation in five scuba diving specialty activities. Prerequisites: LLS:1440. Requirements: certification as open water scuba diver.

LLS:1500 Winter Camping 1 s.h.
How to successfully and comfortably camp in cold, harsh conditions; snow shelters, hydration, meal preparation, clothing needs; snowshoe/ski travel with sleds (as conditions permit).

LLS:1510 Snowshoeing 1 s.h.
Basics of snowshoeing; physically strenuous.

LLS:1512 Expedition Snowshoeing 1 s.h.
Multiday snowshoeing and winter camping expedition; very physically strenuous; overnight camping required.

LLS:1520 Cross-Country Skiing 1 s.h.
Basics of cross-country skiing in northern Wisconsin.

LLS:1522 Expedition Cross-Country Skiing 1 s.h.
Multiday cross-country skiing expedition; physically strenuous.

LLS:1530 Alpine Skiing 1 s.h.
Basics of downhill skiing; physically strenuous.

LLS:1532 Expedition Alpine Skiing 1 s.h.
Multiday alpine skiing expedition; very physically strenuous.

LLS:1600 Basic Self Defense 1 s.h.
Basics of self-defense.

LLS:1610 Kickboxing 1 s.h.
Basics of kickboxing.

LLS:1611 Intermediate Kickboxing 1 s.h.
Aggressive workout utilizing heavy bags, coach’s mitts, and other equipment; conducted at moderate to intense pace using competitive kickboxing techniques, training methods, and equipment; kickboxing as a conditioning tool with self-defense as a byproduct; not designed to prepare for competition. Prerequisites: LLS:1610.

LLS:1620 Tae Kwon Do 1 s.h.
Basics of Tae Kwon Do.

LLS:1621 Intermediate Tae Kwon Do 1 s.h.
Expand on knowledge and skills learned in LLS:1620. Prerequisites: LLS:1620.
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<td>Introduction to Ballroom Dancing</td>
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<td>Ballroom Dancing: Waltz</td>
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**LLS:1630 Brazilian Jiu-Jitsu**
- Introduction to the sport of Brazilian Jiu Jitsu; basic self-defense, positional grappling, submissions, submission defense; no martial arts experience required.

**LLS:1650 Introduction to Ballroom Dancing**
- Basics of ballroom dancing; overview of several figures; beginner level.

**LLS:1651 Ballroom Dancing: Waltz**
- Beginning through intermediate-level waltz figures; performing a beautiful waltz routine; skills and knowledge to dance with confidence at any formal dance occasion; for all skill levels.

**LLS:1652 Ballroom Dancing: Foxtrot and Tango**
- Beginning to intermediate-level figures in two of the most beautiful and popular dances in the world—foxtrot and tango; for all skill levels.

**LLS:1653 Ballroom Dancing: Rhumba, Cha Cha, Merengue**
- Beginner- to intermediate-level figures in three of the most popular and energy-charged Latin dances of today—Rhumba, Cha Cha, and Merengue; for all skill levels.

**LLS:1654 Ballroom Dancing: Nightclub Series**
- Salsa, the Hustle, Nightclub Two-Step, Argentine tango; for all skill levels.

**LLS:1655 Ballroom Dancing: Rhythm and Smooth**
- Mambo, samba, waltz, Viennese waltz; for all skill levels.

**LLS:1660 Salsa Dancing**
- Fundamentals of Latin/Salsa dancing; musical rhythms, cultural history, postures, technique, basic movements; techniques for developing strength, stamina, balance, poise, and partner dancing skills; traditional social behaviors in salsa's cultural context.

**LLS:1665 Modern Dance for Fitness**
- Basic working knowledge of modern dance; introduction to modern dance styles, skills, physical art, and discipline; focus on movement, dance techniques and skill, performance, creative experience.

**LLS:1670 Relaxercise**
- Stress reduction through exercise, stretching, meditation, and full body breathing techniques.

**LLS:1675 Yoga**
- Emphasis on mindfulness, breath awareness, and attention to alignment.

**LLS:1680 Golf**
- Basic principles and fundamentals of golf swing (e.g., full swing, pitching, chipping, putting); opportunity to practice skills at various facilities; history, basic rules, proper golf etiquette, evolution of golf related to technology.

**LLS:1690 Beginning Gardening**
- Fundamental skills for successfully growing vegetables and herbs outdoors and in containers.

**LLS:1801 Wilderness First Responder**
- Skills necessary for providing critical medical care and making evacuation decisions in remote wilderness locations; interactive lectures, case studies, and hands-on practice through realistic scenarios help master material; 80-hour certification course.

**LLS:1840 Introduction to Nature Photography**
- Basics of outdoor photography; students must supply their own digital single lens reflex (DSLR) camera.

**LLS:1850 Service Learning**
- Service learning project in an urban or wilderness setting; learn about local community, environment; projects depend on location, season.

**LLS:4000 Independent Study**
- Individual study in an area of interest to students; course work determined by faculty supervisor.